



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

April 2017

HB CERT HIGHLIGHTS

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CLASS 1

Thursday April 13, 2017 CERT General Meeting

Mr. Robert Maller, WT6A, will speak on amateur (Ham) radio communications at our monthly general meeting. Mr. Maller has been a ham radio operator for 55 years. He will speak on the history of radio from the 1890s to today. He will also talk about how one can become a licensed radio operator. Please join us at the meeting and learn about ham radio and its usage in disaster communications.

Saturday, April 29, 2017 Field Trip to Orange County Water District (OCWD)

By Carol Burtis

Space is still available for the field trip on Saturday, April 29, 2017 to the OCWD Ground Water Replenishment System (GWRS) Plant at 10:00am. CERT members will meet at City Hall at 9:00am to arrange carpools for our group.

To sign up, go to:

<http://www.huntingtonbeachca.gov/government/departments/fire/cert/cert-members-login.cfm>; log in with your CERT ID# and the Password cert2013. If you do not know your ID# please let me know and I can send you your ID#. If you have not yet completed your Live Scan after graduating from our class, please let me know and I can complete your registration.

Correction:

In the March 2017 newsletter article on page 2, "Working Out for a Good Cause", we incorrectly listed Linda Sheaffer as a

sandbag volunteer. It was actually Linda Braren. We apologize for the error.

Spring Training 2017!

By Phil Burtis

No, not baseball....CERT training! On March 21 and 23, 2017, the first two sessions of the spring FEMA/CERT classes were given. A major difference this year was that we were asked to use the old Rodgers Senior Center rather than the Fire Training Center. That facility offers a few challenges for setup and presentations, but the logistics and registration teams (too many helpers to list here but THANK YOU ALL!) overcame them and the classes went smoothly.

Just under 50 people signed up and we had an excellent turnout for both classes. The March 21st class was CERT Intro and Basic Personal & Family Preparedness presented by Carol Burtis. Disaster Psychology was taught by Robert Zamalin who, as a first-time presenter on that subject, did an excellent job. The March 23rd class was Med Ops I & II presented by Susan McClaran and Stephanie Deagle, including the START triage video, and they did their usual fantastic job on the presentation.

The remaining classes will be on Search & Rescue, Fire Extinguisher, and CERT Organization. The final Drill-Your-Skills class on Saturday April 1st will be at the Fire Training Center, as usual.

Thanks to all the support people, presenters and, of course the attendees, for making the session a success.

Tour of the Orange County Emergency Operations Center (OCEOC)

On the beautiful, clear Saturday morning of March 11, 2017, about 30 Huntington Beach CERT members carpooled to the OCEOC. It's located in a remote hilly area called Loma Ridge in Silverado, CA. As a result of all the rain we've had recently, the hills were green and the wildflowers were in bloom. We could see for miles from the top of the hill.

The facility itself is operated by the Orange County (OC) Sheriff's department and is home to two operational sections. The first operational section is the 911 call center. It provides 911 dispatch services to 13 contract cities as well as to the unincorporated areas of Orange County, and coordinates with the 34 OC city departments as needed.

The second operational section is the actual EOC. When activated, it provides coordination and communication between Mutual Aid Coordinators and the state Office of Emergency Services during county-wide and state-wide emergency response and recovery operations.

We were met by Vicki Osborn, Assistant Emergency Manager for the Orange County Sheriff's Department. Vicki has been at the OCEOC since 1994, 10 years as a Radio Dispatcher and 13 years in her present position. Vicki gave a very interesting presentation and guided tour of the facility. Also, she was able to answer every question we asked of her. So as not to disturb the working staff, we only peeked in the windows of the call center and were asked not to take pictures there. It was enlightening to see how our county has prepared for imminent disasters and the people and equipment involved.

Some interesting facts about the call center:

- It's a 24 hour 7 day a week operation.
- It receives about 2500 calls a day.
- The busiest day of their year is July 4.
- There are 14 "911" lines.
- In an emergency, a hotline staff operates a bank of phones to help relieve the load on "911" police and fire lines. (Sometimes CERT volunteers are called to help.)



Some interesting facts about the EOC :

- It's only activated when needed.
- There are three levels of activation based on the situation at hand so it is rarely staffed at the 'full' activation level.
- There are 3 separate rooms that provide for different type of emergency management such as policy and planning, operations, and support services.
- There is a separate room where RACES and / or the hospital radio net (HDSCS) can coordinate emergency communications if so needed.

As an added bonus, a Sheriff's Department helicopter landed on the helipad next to the parking lot with deputies disembarking. It made for a wonderful photo opportunity.

We thank Vicki Osborn for a very informative tour. It was a very enjoyable way to spend a Saturday morning.



Susan McClaran's First Aid Corner

This article is one I read from my Employee Health Benefits

Medical Alert Bracelets Review

Why Buy a Medical Alert Bracelet?

If you suffer from a life-threatening medical condition, have an allergy or take life-saving medications, a medical alert bracelet can notify others about your health concerns. Medical alert bracelets inform health care workers, paramedics or doctors about any critical medical conditions you have. A medical ID bracelet compiles your vital medical information either on paper or in a digital file. Some also offer the option to engrave critical information on the piece.

Medical alert bracelets are useful for conditions like diabetes, heart problems, pulmonary conditions and illnesses that affect memory like Alzheimer's. You may benefit from having one if you suffer from serious allergies, hearing or sight loss, rare diseases or other medical conditions. Three popular medical alert bracelets are the [CARE Medical History Bracelet](#), the [Emergency Medical ID Bracelet](#) from Health ID, and American Medical ID's [Lynx Roman Bracelet](#).

Medical Alert Bracelets: What to Look For

A number of medic alert bracelets are available with various features and functionality. Before you purchase one, you should think about what is best for your specific needs and consider the following factors.

The User

An important thing to consider when purchasing this type of jewelry is who will be wearing it. You should choose a medical alert bracelet that suits your clothing and lifestyle.

If you are purchasing a medical ID bracelet for a child, you should choose something stylish and colorful. This ensures he or she will wear it voluntarily, and that the bracelet is noticeable. If the bracelet is for yourself or an adult, you should choose a look that is suitable for both the office and a night out. You can even purchase multiple bracelets and mix and match them with your outfits. If the medic alert bracelet is for an older adult, consider something simple but stylish that he or she won't mind wearing all the time.

Material

Medical alert bracelets come in various materials like cord and stainless steel. If you're looking for something durable, you might consider a mesh or rubber medic alert bracelet, particularly if you enjoy playing sports. A good-quality stainless steel bracelet is an ideal multipurpose option because it won't clash with fine jewelry and it stands up to wear and tear due to its noncorrosive properties.

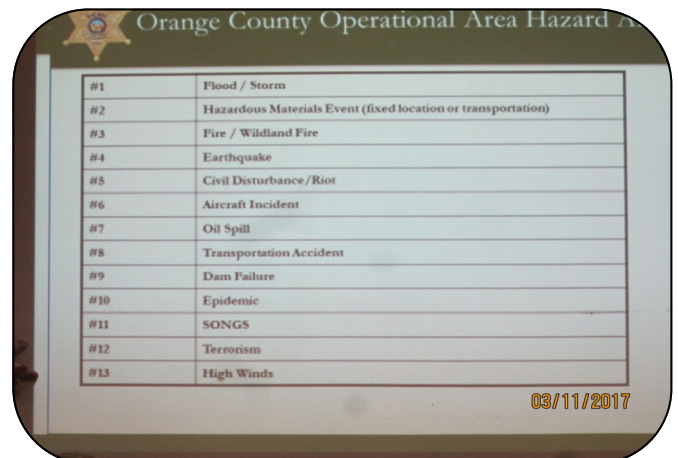
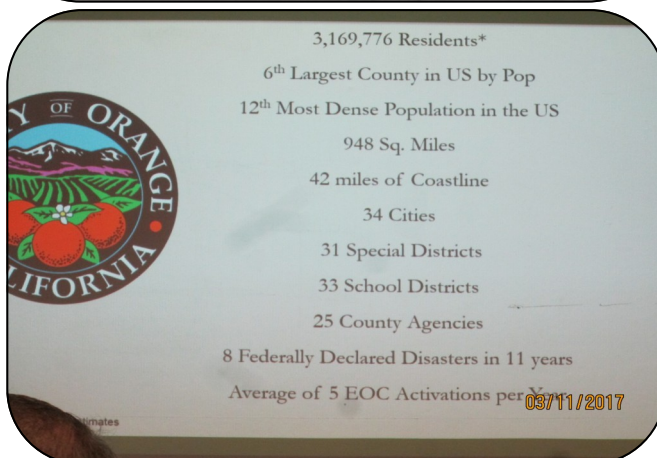
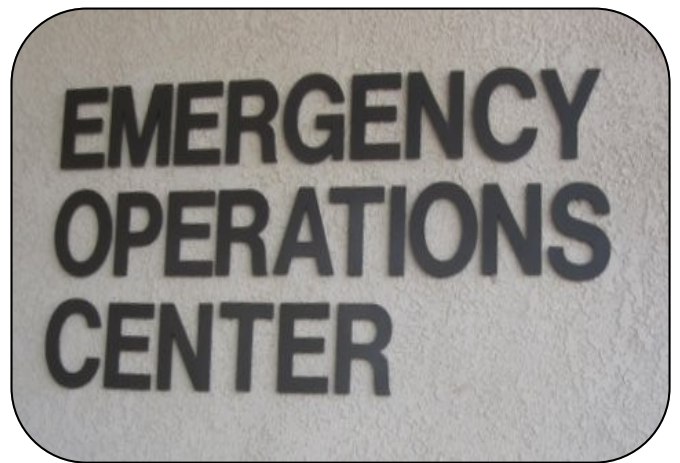
Bracelet Type

There are three kinds of medical ID bracelets: engraveable, USB and those with handwritten details. The type you need depends on how much information you wish to store. USB bracelets have the most capacity, and you typically have the option to secure very sensitive data -- like insurance information -- with a PIN or password. Engraved bracelets often only hold a few words; however, engraved bracelets are the easiest for medical personnel to use and identify. Those with handwritten details are a good compromise, but they may not be as durable as the other two.

Whatever type of medical alert bracelet you choose, make sure you find one that holds your vital medical information while being comfortable and stylish. With the wide variety of choices available, there is something for everyone.



March 11, 2017 CERT FIELD TRIP TO ORANGE COUNTY EOC

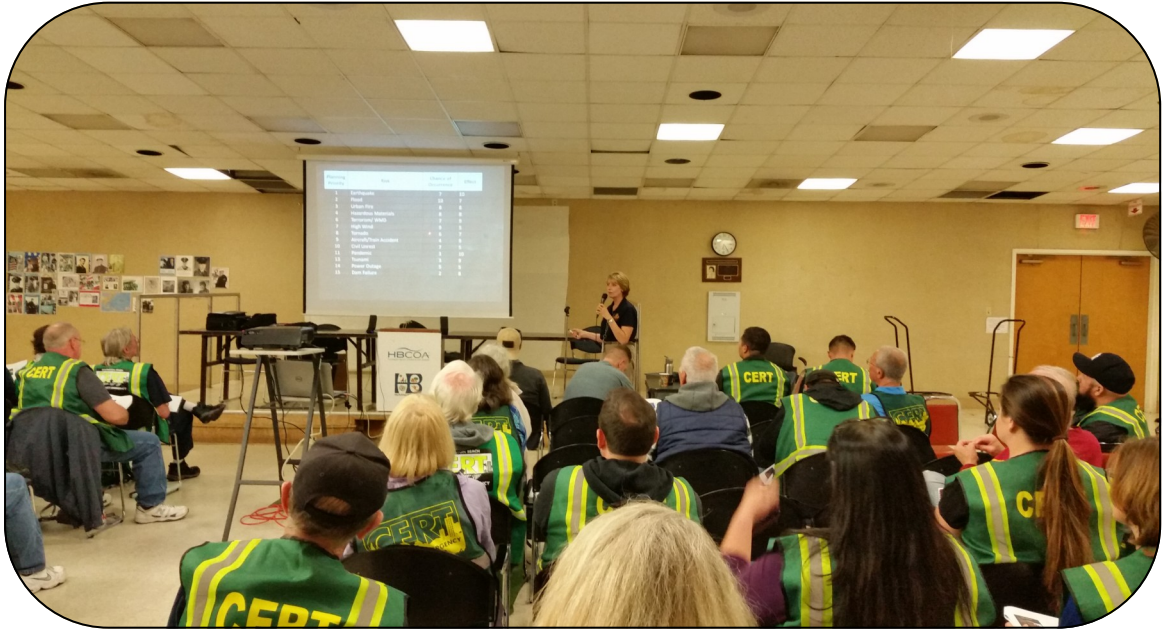


**March 11, 2017 CERT FIELD TRIP TO ORANGE COUNTY EOC
(continued)**





**FIRST SESSION OF SPRING 2017 BASIC TRAINING CLASS, MARCH 21, 2017
(continued)**



SUPPORT TEAM FOR FIRST SPRING 2017 CERT BASIC CLASS





Huntington Beach Community Emergency Response Team 2017 schedule

HBCERT Events 2017	Date	Details
January CERT monthly General Meeting	Thursday January 12 th	6:30pm-8:00pm Room B7 in the Civic Center
Advance 1 st Aid Class	Saturday January 21 st	8:00am-2:00pm Room B7 in the Civic Center
February CERT monthly General Meeting	Thursday February 9 th	6:30pm-8:00pm Room B7 in the Civic Center
CERT March Monthly General Meeting	Thursday March 9 th	6:30pm-8:00pm Room B7 in the Civic Center
Field Trip to County EOC	Saturday, March 11 th	8:30am to 12:00pm, meet at City Hall to Carpool
CERT Spring Basic Training	March 21, 23, 28, 30 & April 1	Location TBD/6:00-9:00pm Tues & Thurs; 8:00am to 2:00pm Saturday, April 1
CERT April Monthly General Meeting	Thursday April 13 th	6:30pm-8:00pm Room B7 in the Civic Center
Field Trip to OC Water District	Saturday, April 29 th	8:30am to 12:00pm, meet at City Hall to Carpool
CERT May Monthly General Meeting	Thursday May 11 th	6:30pm-8:00pm Room B7 in the Civic Center
Disaster Living Class	Saturday, May 20 th	Location TBD
Advance 1 st Aid Class	Saturday, June 3 rd	8:00am-2:00pm Room B7 in the Civic Center
CERT June Monthly General Meeting	Thursday June 8 th	6:30pm-8:00pm Room B7 in the Civic Center
4 th of July Parade	July 4 th	HB CERT Event Support
CERT July Monthly General Meeting	Thursday July 13 th	6:30pm-8:00pm Room B7 in the Civic Center
US Open	July 29-August 6, 2017	HB CERT Event Support



Huntington Beach Community Emergency Response Team 2017 schedule

HBCERT Events 2017	Date	Details
Senior Saturday	Saturday, Sept. 9 th	HB CERT Event Support
CERT September Monthly General Meeting	Thursday September 14 th	6:30pm-8:00pm Room B7 in the Civic Center
CERT Fall Basic Training	August, October or November 2017	Training for membership Time & Location TBD
HB Air Show	Sept. 30-Oct. 1	HB CERT Event Support
CERT October Monthly General Meeting	Thursday, October 12 th	6:30pm-8:00pm Room B7 in the Civic Center
Fire Department Open House	Saturday, Oct. 14	Additional details 10a-2p CNET fire station HB CERT Event Support
Huntington Beach Hospital Flu Shot & Health Fair	TBD*	Time TBD
CERT November Monthly General Meeting	Thursday, November 9 th	6:30pm-8:00pm Room B7 in the Civic Center
CERT December Monthly General Meeting	Thursday, December 14 th	6:30pm-8:00pm Room B7 in the Civic Center

* Event dates will be announced as they become available

** Events may be added or removed to the calendar

CITY OF HUNTINGTON BEACH CERT

Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming CERT Events & Activities

- CERT General Membership Meeting, 6:30 PM
April 13, 2017 in B8
- Field trip to OC Water District, Saturday, April 29
- CERT General Membership Meeting, 6:30 PM
May 11, 2017 in B8
- Disaster Living Class, May 20, 2017 location to be announced

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee.

- Saturday, April 8, 10:00 am – 1:00 pm
- Wednesday, April 19, 6:00pm – 9:00 pm
- Saturday, May 13, 10:00 am – 1:00 pm
- Wednesday, May 24, 6:00pm – 9:00 pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Art Weiland, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Brenda Welch, Barbara Scott, Hannah Kilbourne



IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)